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# THE THING THE PROFESSOR FORGOT

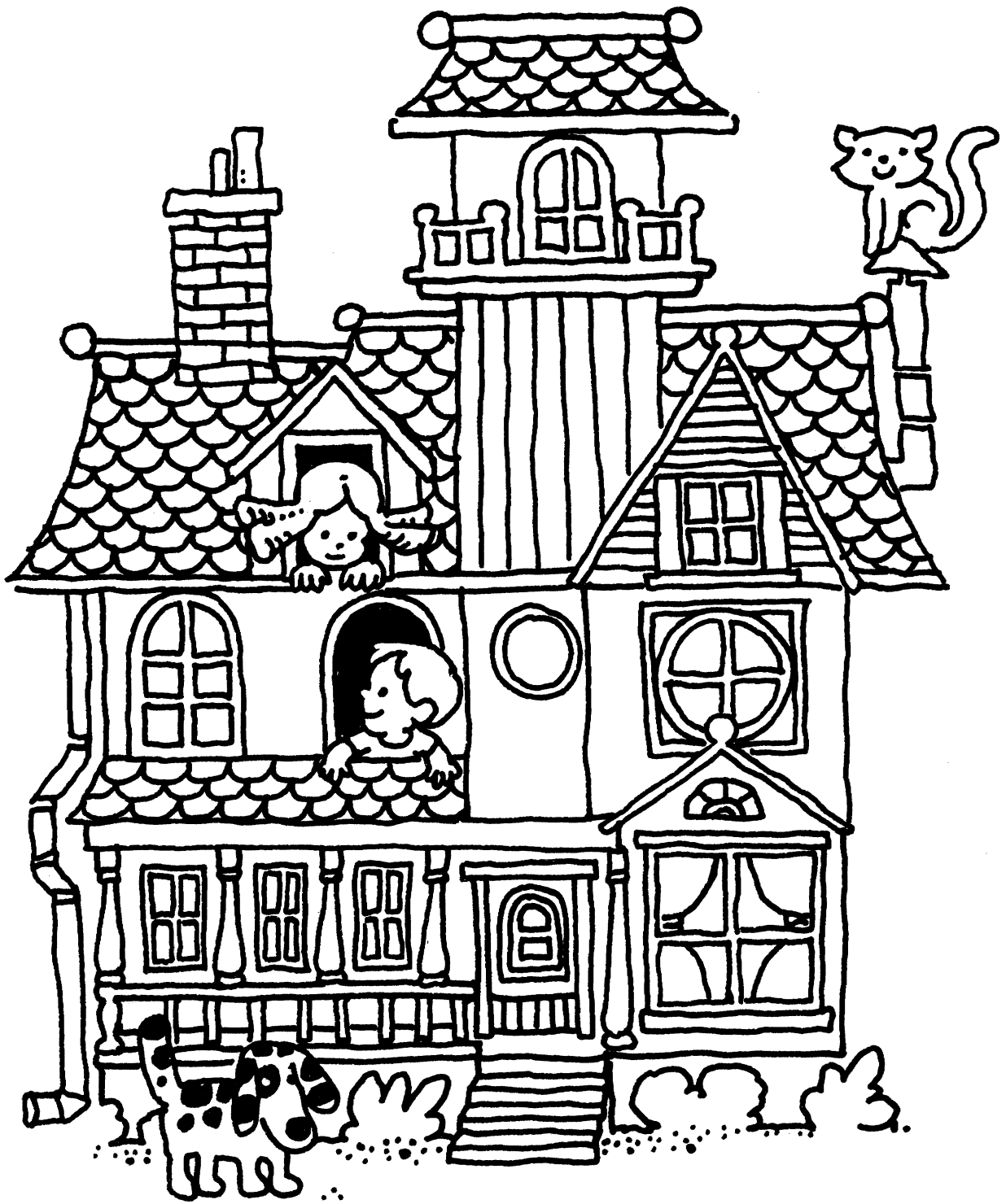


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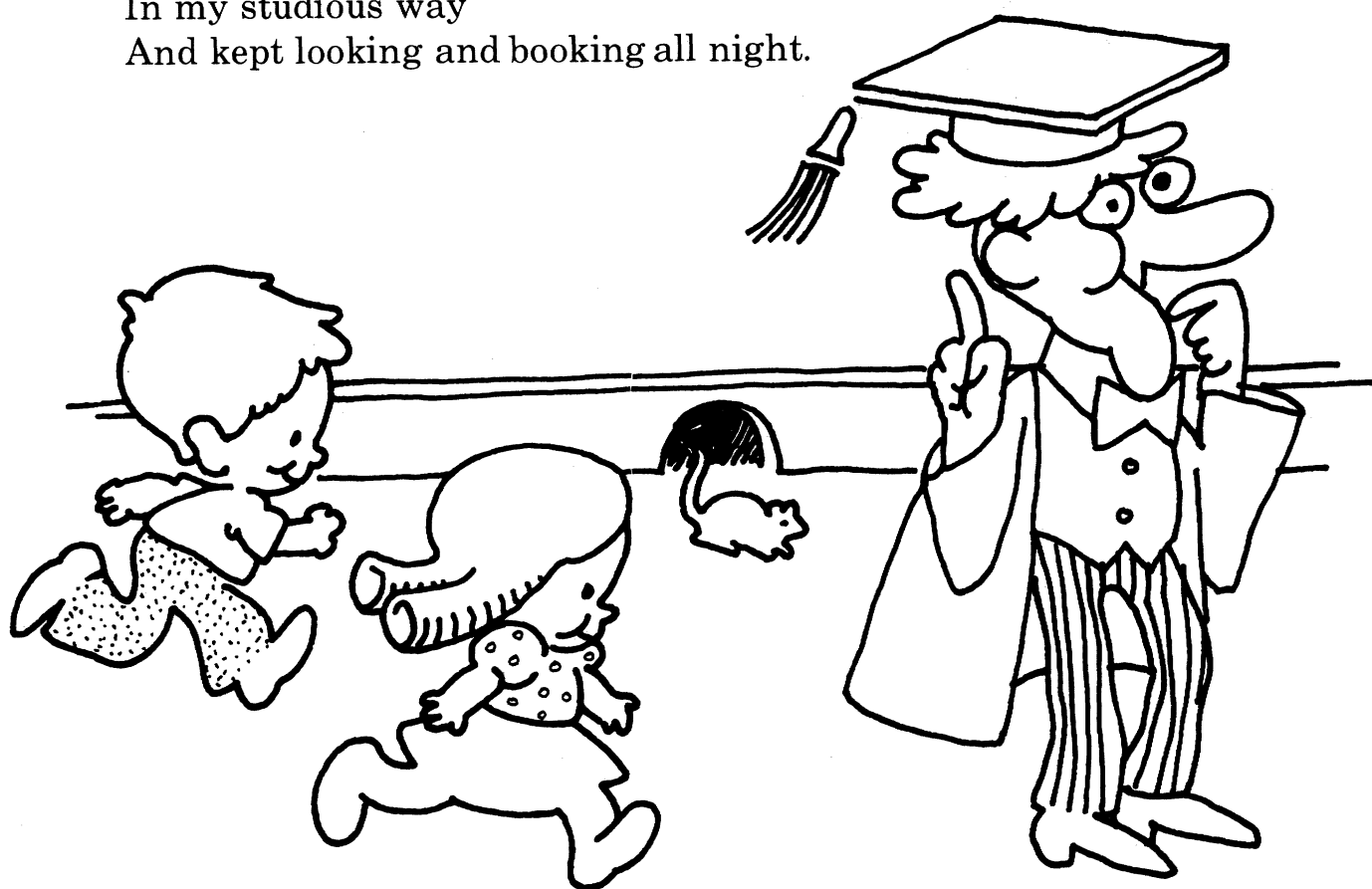
We live in a rickety, four-storied house,  
Just we by ourselves, and maybe a mouse—  
Or two or three, but no more than that,  
Avoiding the glances of Cleo our cat.  
And Caesar the dalmatian keeps up the guard  
By lurking and leaping out in the yard.



We'll remember that night forever and more,  
When a strange sounding noise made us open the door.  
And peering all squinty out into the black,  
We felt something wisk in, just brushing our back.  
Before we could think or could speak or decide,  
A tiny professor was standing inside.

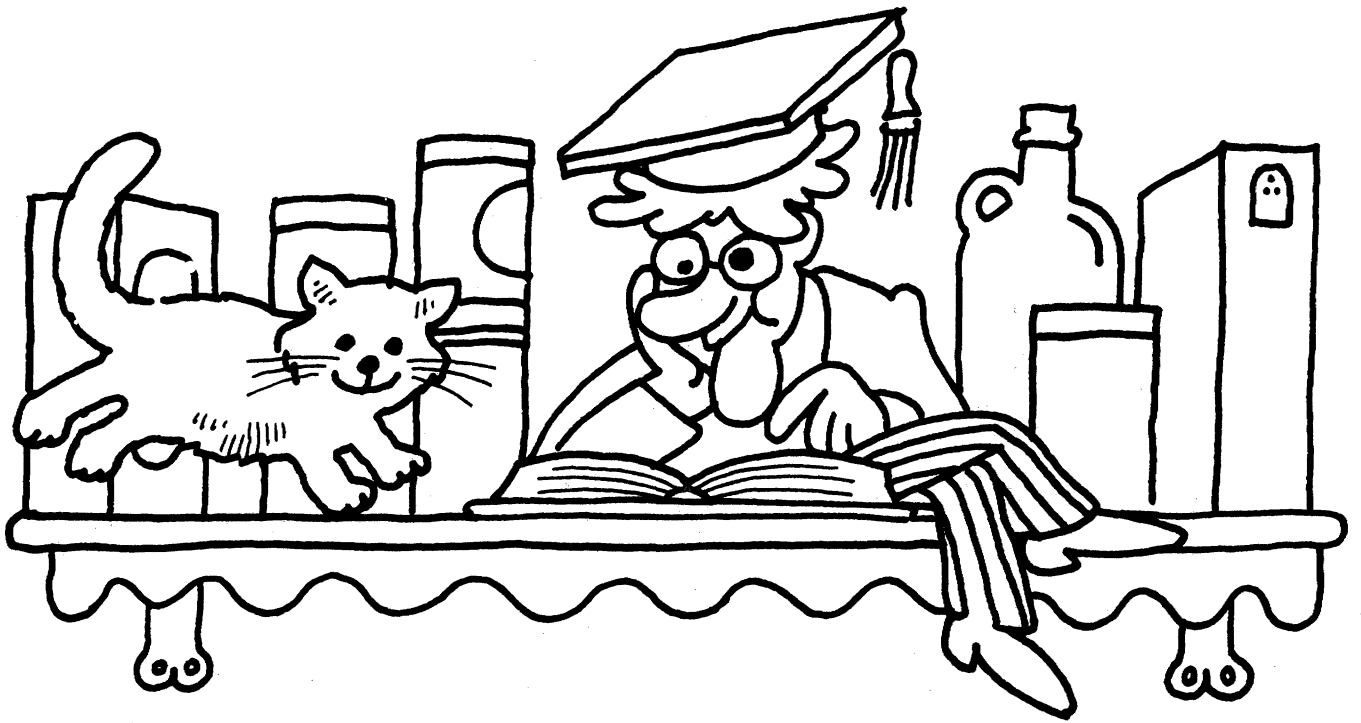
"I'm Oonoose Q. Eckwoose,  
A professor," said he,—  
"I have my degree  
In Foodology.  
Not biology or psychology.  
Not theology or kneeology.  
Not chemistry, dentistry, menacery, Christmastree—  
I'm a professor of food.  
I've simmered and savored  
Facts in all flavors  
Until I became rather shrewd.

“But in the back of my head  
There’s something I’ve read,  
And I can’t remember it quite.  
I’ve looked in my books  
And talked to the cooks.  
I’ve studied all day  
In my studious way  
And kept looking and booking all night.



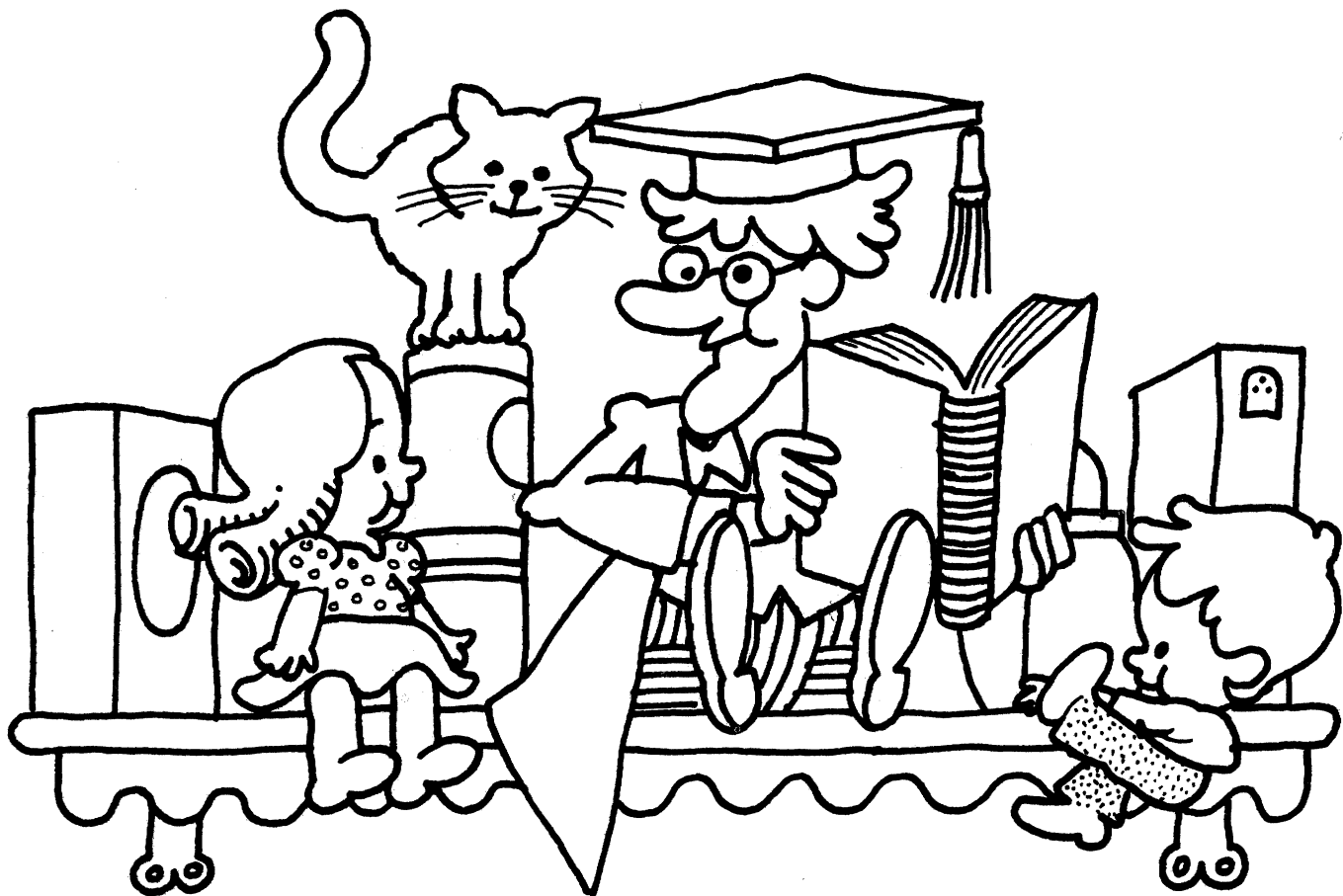
“If I just had a hint  
Where I’ve seen it in print,  
Though I’ve thought and I’ve thought and I’ve thought.  
I’ve done one and all  
And I still can’t recall  
Where I read what I think I forgot.”

“But Professor—,” we said, and before we were through  
He’d motioned for quiet and vanished from view.



We followed, of course, at his rapid pace,  
Waking Cleo the cat who joined in the chase.  
As we came to the kitchen, there on the floor  
Were our pots and our pans and our dishes galore.  
Cleo sprang to the cupboard with all four paws speeding.  
She climbed to the top where Eckwoose sat reading.





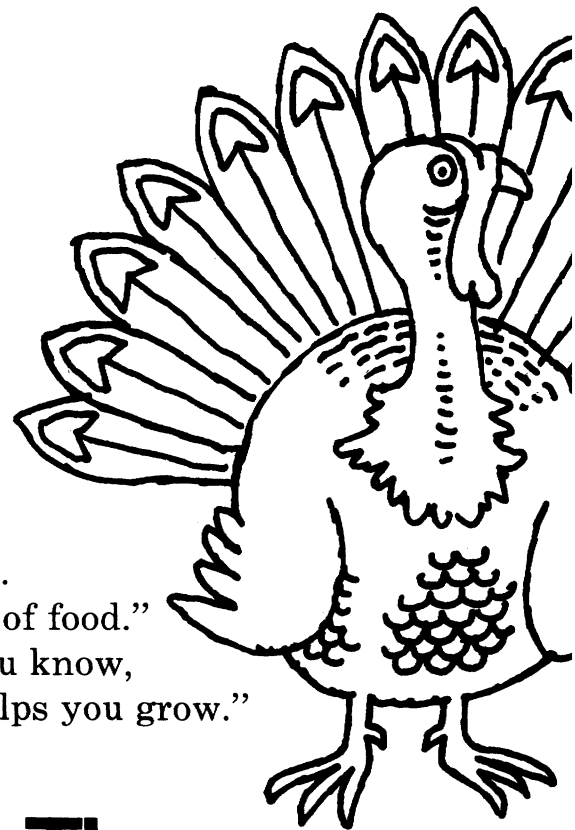
“How clever,” said he,  
Tickled with glee,  
“How clever I am!  
For behind the jam  
I found this book that I sought.  
It’s what I need  
In which to read  
The thing that I think I forgot.  
So don’t look around,  
I’ve no time to come down—  
Though I really don’t wish to seem rude.  
Please climb up yourself  
To this very top shelf,  
And I’ll read to you all about food.”

“Ah ha! here’s the fun  
On page number one—  
A rhyme that you really should know.  
If you seriously start  
To learn this by heart  
You’ll remember it after I go:

“‘If you’re going to be smart, be clever or shrewd,  
Be sure to know there are four groups of food.’”



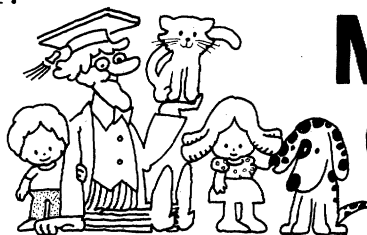
He turned the page while stroking his jaw,  
And a beautiful farm was the picture we saw  
With a cow and a pig and a hen and her brood.  
And beneath it said, "MEAT is the first group of food."  
He winked and he blinked as he said, "And you know,  
The MEAT GROUP's important, for MEAT helps you grow."



## The Meat Group

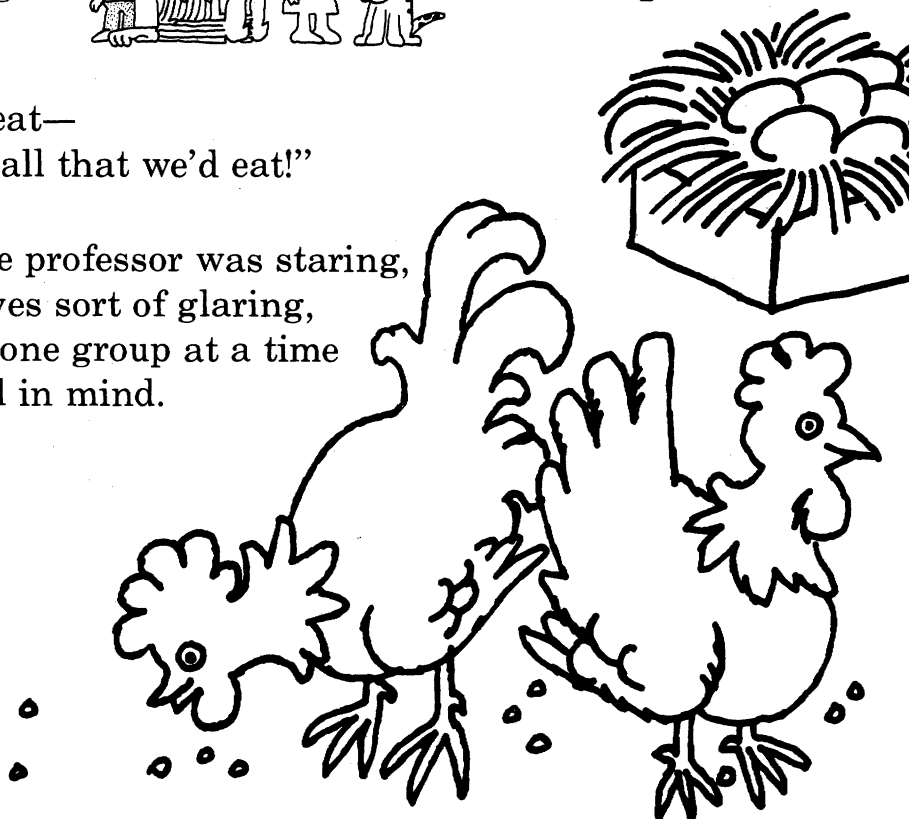
"What if—," we said,  
As he turned his head,  
"—If we'd eat nothing but MEAT.

Eat burgers and franks  
And juicy lamb shanks  
And big turkey legs.  
The MEAT GROUP has eggs  
And peanut butter too.



Yes, that's quite true.  
Oh! Such a great tasting treat—  
If the MEAT GROUP were all that we'd eat!"

We could tell by the way the professor was staring,  
Wrinkling his mouth, his eyes sort of glaring,  
That eating the foods from one group at a time  
Wasn't exactly what he had in mind.

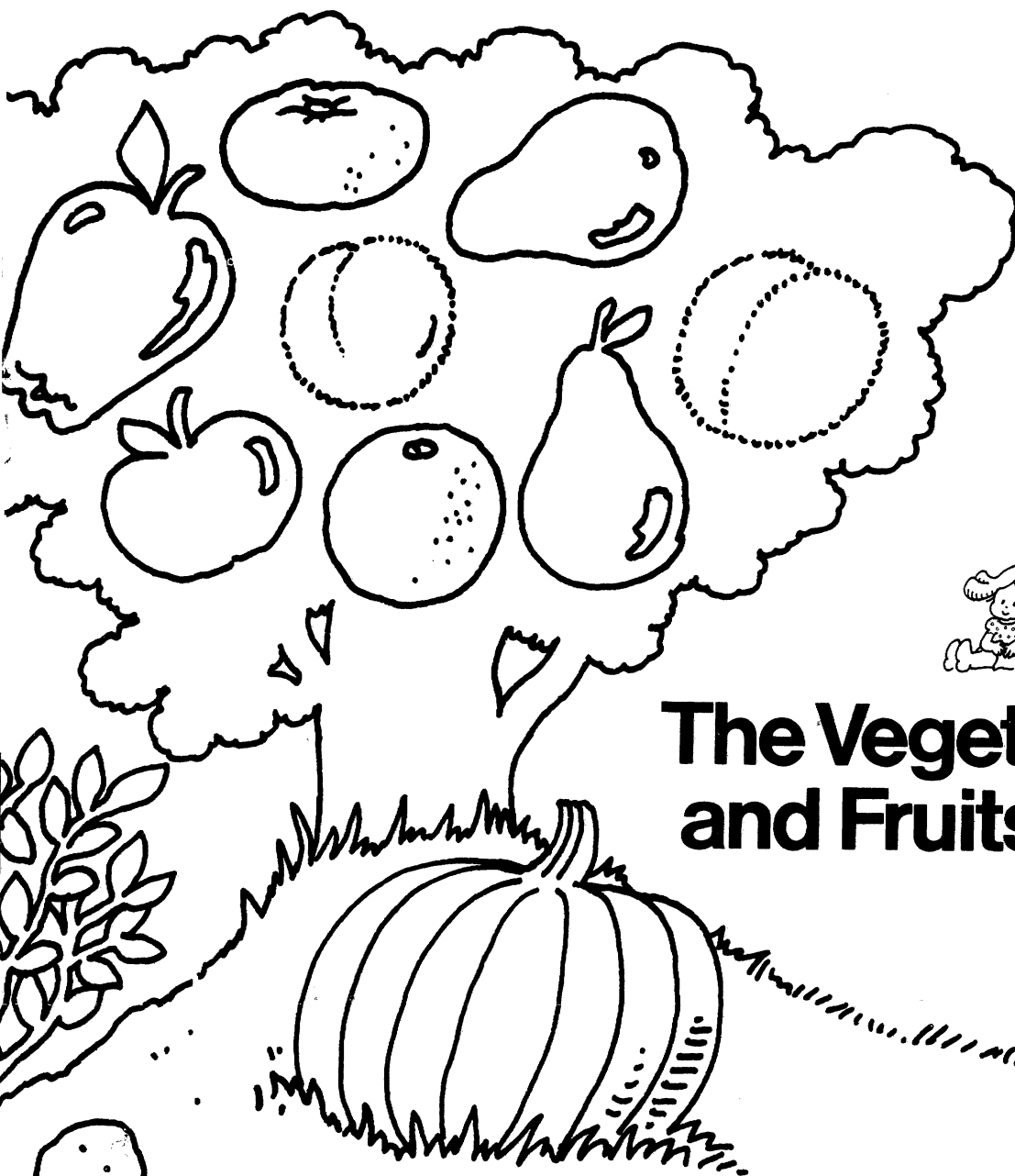






Next was a garden with lovely things growing.  
The farmer was weeding, his wife busy hoeing.  
The apples were hanging in trees where they grow.  
On the ground were some pumpkins and corn in a row.  
And potatoes in soil, growing as roots.  
Said he, "Group Two is **VEGETABLES AND FRUITS.**"  
He added quite quickly, he sounded so wise:  
"They're good for your skin, and good for your eyes."  
It all looked so good and so simply delicious!  
"What if—" we said loudly, as he grew suspicious.



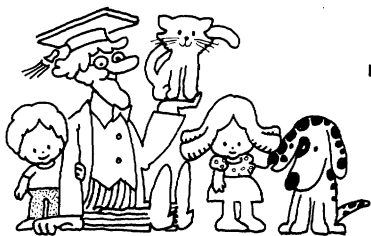


# The Vegetables and Fruits Group

“—If VEGETABLES AND FRUITS were all that we’d eat.  
Just carrots and peas  
And ‘Pass the fruit, please’.  
Great salads and greens  
And lots of those beans.  
Oh yes! what a fabulous treat  
If VEGETABLES AND FRUITS were all that we’d eat!”

Now, on the next page in big print it said:  
“The third of the food groups is CEREALS AND BREADS.”  
And then Eckwoose added so that we’d know:  
“This group gives you energy—gives you get-up-and-go.”  
And he showed us a picture of great things to eat,  
Of beautiful fields of corn, oats and wheat.  
And there in the kitchen inside the house,  
Baking fresh bread, was the farmer’s young spouse.  
Beside her were good things which all come from grain,  
Cereals and sweet rolls and breads, rye and plain.  
They all looked so tempting, we couldn’t help ourselves,  
“What if—” we said meekly, on that very top shelf,

“—If we’d only eat CEREALS AND BREADS!  
Oh just think of the fun  
With a fresh hotdog bun  
And breads of all sorts  
And pastries and tortes  
And corn or wheatflakes  
And pretzels and cakes!  
No, it’s as plain as the hair on your head,  
We’ll eat nothing but CEREALS AND BREADS.”



## The Cereals and Breads Group

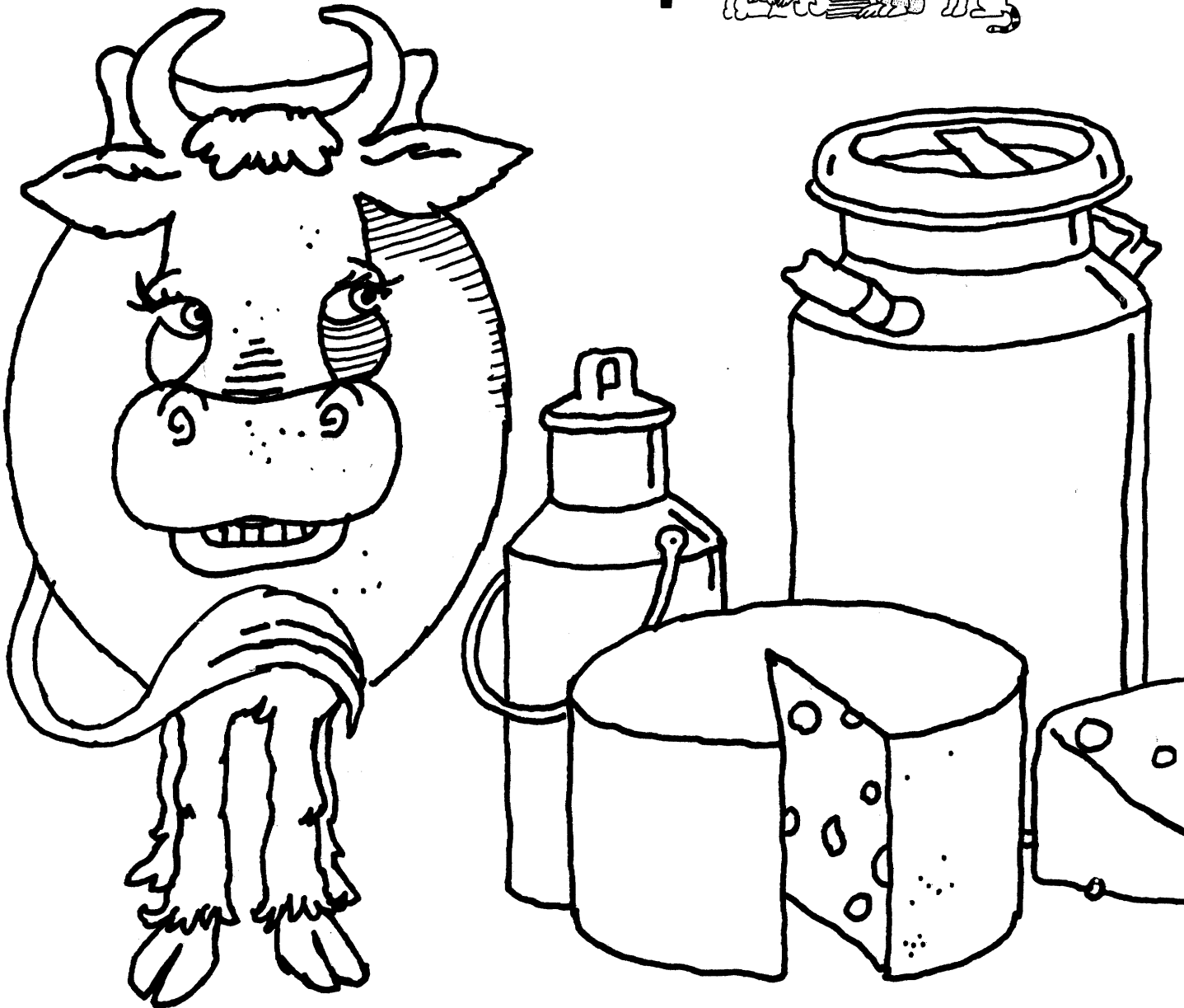
Now we were sure that we’d said something wrong.  
We knew it right off—it didn’t take long.  
He mumbled. He grumbled. He trembled with rage.  
But with a faint little “Humph!” he just turned the page.





And oh, what a picture came into view!  
A milkhouse of goodies and a cow outside too.  
There were cheeses and fresh milk and ice cream by the scoop.  
Said he oh-so-proudly, "MILK's the last group."  
He read from the fine print down underneath:  
"MILK gives you strong bones and fine healthy teeth."

## The Milk Group



The pictures made us so hungry—they were a beautiful sight.  
We could have eaten them all, every last bite.  
“What if—” we blurted. But oh, what we’d said!  
We saw the professor was turning quite red.

“Halt! Stop! Enough!”

His voice was quite gruff.

“I know what you’re thinking now.

You’d eat only these things from the cow.

*I’ve* read all the books,

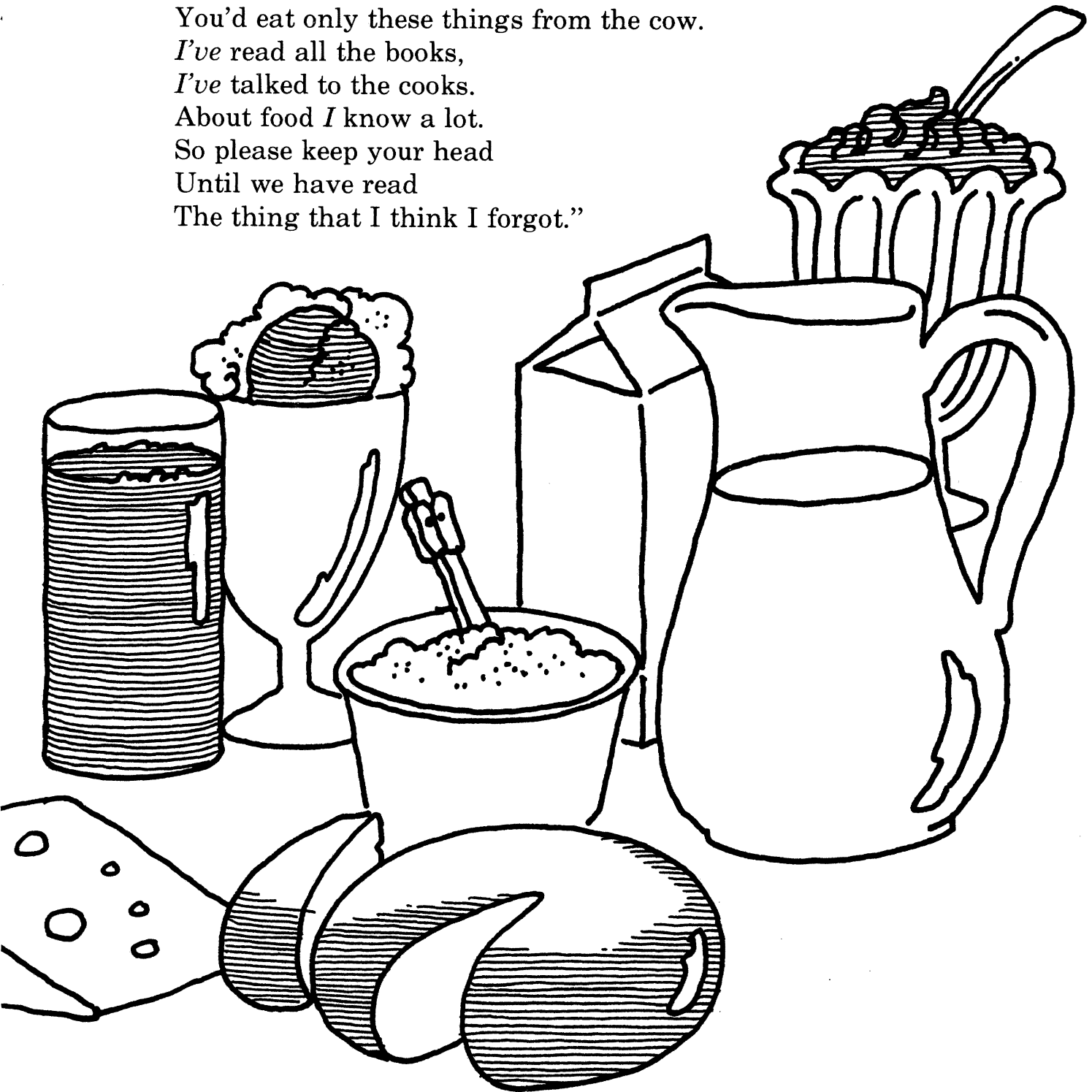
*I’ve* talked to the cooks.

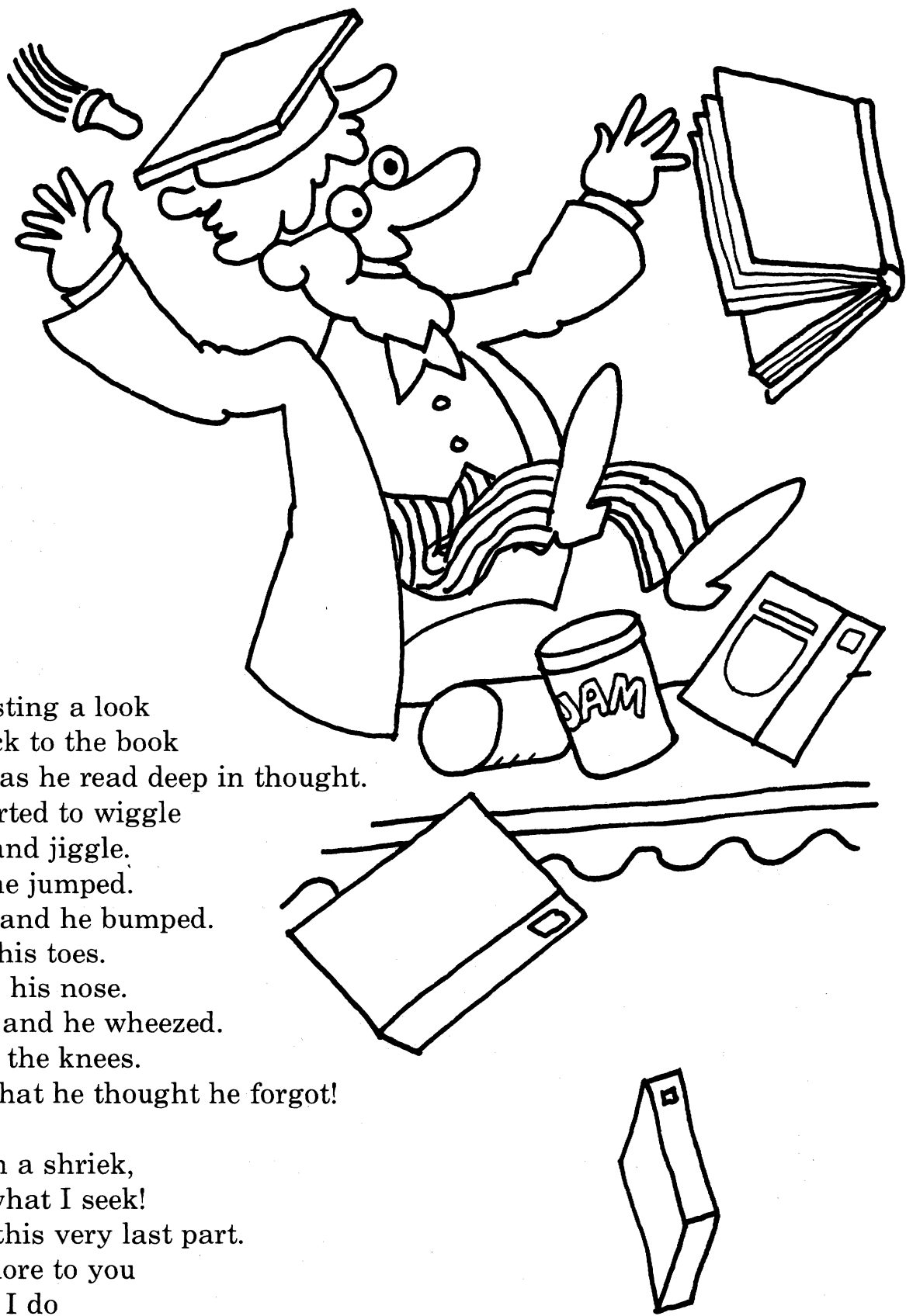
About food *I* know a lot.

So please keep your head

Until we have read

The thing that I think I forgot.”



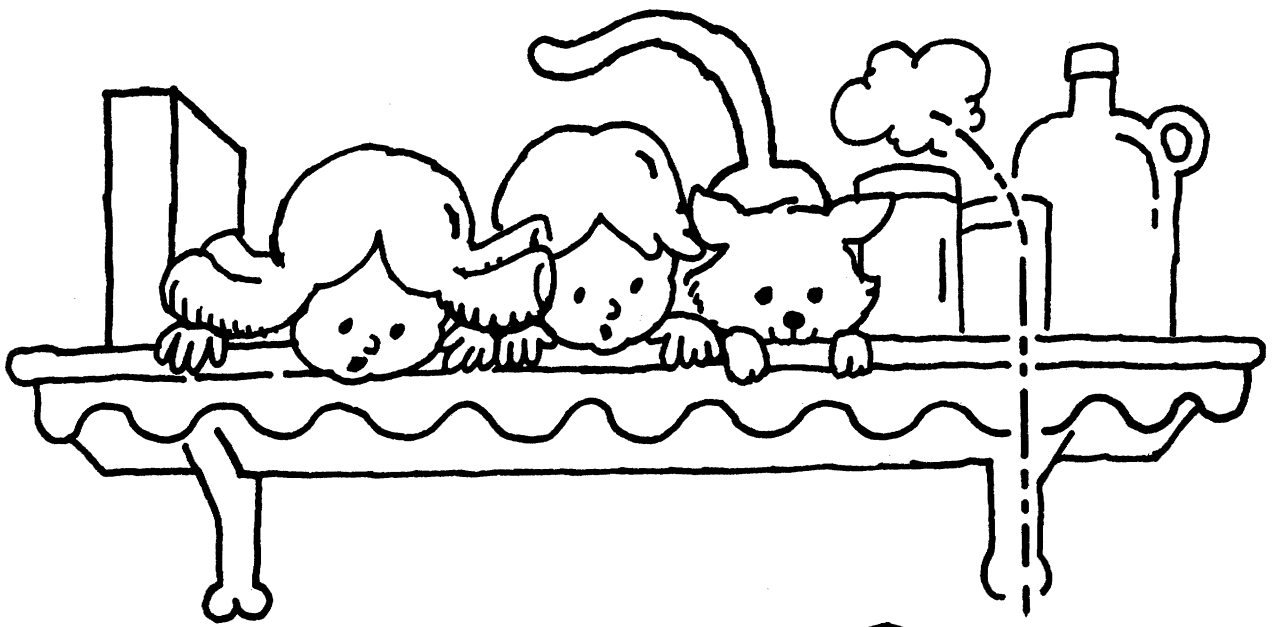


Without wasting a look  
He went back to the book  
And sighed as he read deep in thought.  
Then he started to wiggle  
And riggle and jiggle.  
He jostled, he jumped.  
He humped and he bumped.  
He wiggled his toes.  
He wrinkled his nose.  
He coughed and he wheezed.  
He shook in the knees.  
He'd read what he thought he forgot!

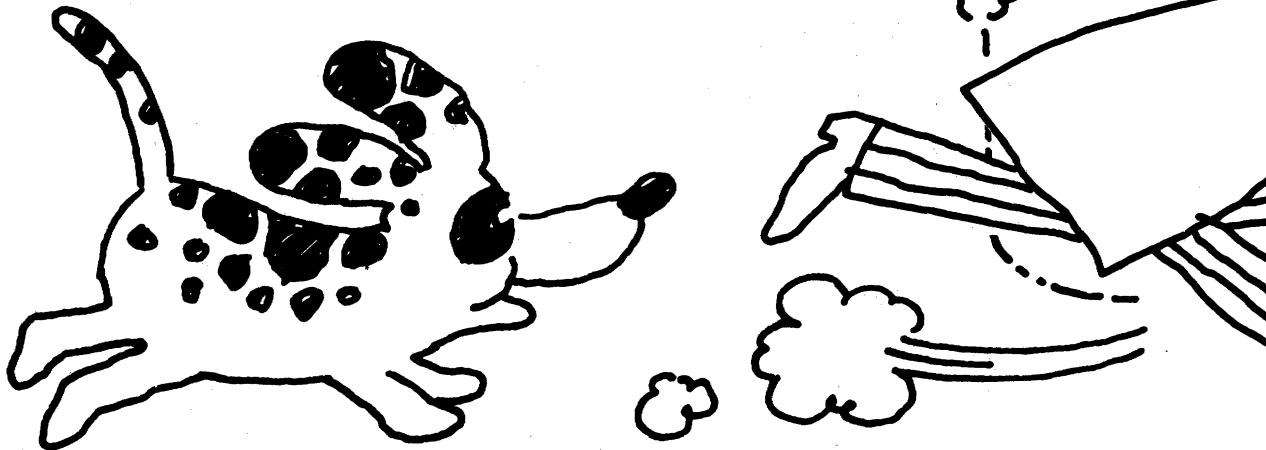
He said with a shriek,  
"I've found what I seek!  
It's here in this very last part.  
It'll mean more to you  
If you do as I do  
And learn these lines also by heart:

"To have healthy bodies for work, sleep or play  
Eat many good foods from four groups, every day.'"





He slammed the book shut with a gleam in his eye.  
With a grin on his face, he straightened his tie.  
He giggled, he cackled, so pleased with himself  
And true to his form, he jumped down from the shelf.  
And was gone so quickly out into the dark  
That dear old dog Caesar had no time to bark.



We thought about all the things that he'd said.  
We thought about all the things that we'd read.  
We thought about burgers *and* potatoes *and* beans  
*And* orange juice *and* ice cream *and* cereals *and* greens.

So we said to ourselves  
As we climbed down from that shelf:

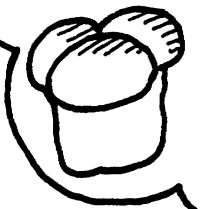
"If we're going to be smart, be clever or shrewd,  
We have to know there are four groups of food.

"To have healthy bodies for work, sleep or play,  
Eat many good foods from four groups every day."

## THE MEAT GROUP



## THE FRUITS VEGETABLES



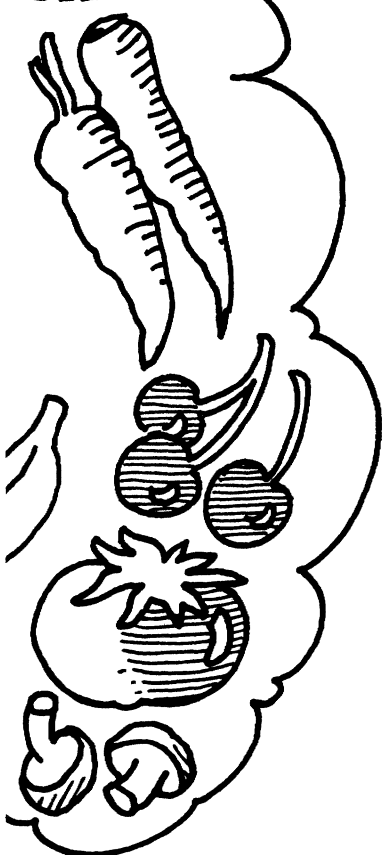
## THE CEREALS AND BREAD GROUP



## THE MILK GROUP



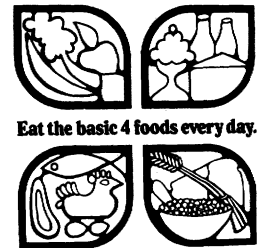
## AND GROUP



Professor Eckwoose is gone from our home,  
And where he is now is not really known.  
He knows all about food, so there's no cause to fret  
Unless by some chance, he again should forget.  
And then just maybe, could possibly come true,  
That the dear old professor would visit you too.

If the jam's on your top shelf, keep this book behind it,  
So Oonoose Q. Eckwoose will know where to find it.

# Dear Parents,



We hope you enjoyed reading **The Thing the Professor Forgot** and will read it often to your children. It's re-reading that really lets the Professor teach his simple, but important, nutrition message. As an adult, however, you have to know more about important family nutrition. The following paragraphs introduce the Basic Four Food Groups. Everybody needs the same kinds of food, but in different quantities. Small children need smaller portions. Teenagers may need extra large servings or seconds.

***"If we're going to be smart, be clever or shrewd,  
We have to know there are four groups of food."***



## THE VEGETABLES AND FRUITS GROUP

Contains all fruits and vegetables. These foods are some of the best sources of vitamin C and vitamin A. They also provide fiber. Choose four or more servings each day. Every other day, include a dark-green or deep-yellow vegetable or fruit as a good source of vitamin A.

*Count as a serving: 1/2 cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, half a medium grapefruit or cantaloupe, or the juice of 1 lemon.*

## THE MILK GROUP

These foods are good sources of calcium, phosphorus, protein, and riboflavin. Some milk products are good sources of vitamin A and vitamin D. Look for milk that is fortified with vitamin D. Cheese, ice cream, and ice milk can replace some of the milk. In general, daily recommended amounts vary according to age and special conditions as follows:

*Children under 9 ..... 2 to 3 cups\**  
*Children 9 to 12 ..... 3 or more cups*  
*Teenagers ..... 4 or more cups*  
*Adults ..... 2 or more cups*  
*Pregnant women ..... 3 or more cups*  
*Nursing mothers ..... 4 or more cups*

*\*1 cup = 8 oz.*

## THE MEAT GROUP

Contains meat and other protein-rich foods. These foods are also sources of iron and certain B vitamins. This group includes: meat, poultry, fish, eggs, dry beans, dry peas, and peanut butter.

*Count as a serving: 2 to 3 ounces of cooked lean meat.*

## THE CEREALS AND BREADS GROUP

Whole grain and enriched breads and cereals are good sources of iron, B vitamins and carbohydrates. They also provide worthwhile amounts of protein. Whole grain foods add fiber, too. The Cereal and Bread Group includes such foods as cereals, breads, cornmeal, macaroni, noodles, rice and spaghetti. Choose 4 or more servings a day.

*Count as a serving: 1 slice of bread, 1 ounce ready-to-eat cereal, 1/2 to 3/4 cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.*

**Use Other Foods** to round out meals and to satisfy appetites. Choose additional servings from the Basic Four Food Groups and other foods such as butter, margarine, salad dressing and oil, sauces, jellies and syrups. Children need enough food to support normal growth and development. Adults need enough to keep their bodies healthy and their weight at a level favorable to health and well being.